Stress Management

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What is Stress?

Stress is..

- Reaction and response to any kind of change
- Stress is a response to a perceived threat to your well being

- Typically stress is seen as harmful and unpleasant yet stress may be beneficial.

How do **you** view stress?

Myths about stress*

Myth 1	I must be stressed to succeed…
Myth 2	All Stress is bad…
Myth 3	If only I could move/change my job/ leave my spouse/get rid of my boss, then my stress would go away…
Myth 4	There is nothing I can do about stress…

*From Stuart, E., Webster, A., Wells-Federman, C.L. 1992 Managing Stress, The Wellness Book

Common Responses to Stress

- Fighting it
- Flight - Escaping it
- Freezing
- Tend and Befriend

Everyone responds differently to stressors!

Top Military Stressors

Sources of stress for men*

1. Being away from family
2. Increases in workload
3. Financial problems
4. Changes in family
5. Conflicts between military and family responsibilities

*1998 DoD Survey of Health Related Behaviors

Positive Ways of Coping With Stress

1. Plan to solve

2. Talk to friend/family

3. Exercise

*1998 DoD Survey of Health Related Behaviors

How Do You Cope With Stress?

Stress Reducing Strategies

- How you talk to yourself
- Change own responses

Strategies for Coping with Stress

Managing My Stress

How do I cope with stress?

Coping skills I'd like to add?

Poor coping skills I'd like to drop or change are:

People I know who seem to be in control of their lives are:

Things they do which I could try are:

Other things I could do to gain control over my life are:

- Practice your stress management skills regularly!
- One stress management strategy isn't foolproof!
- Build your ability to bo back!